

U9/10 Rec Program Overview

Category	Description
Long-Term Athlete Development	Discover, Learn, and Play - American Development Model
Chronological Age Group	3 rd and 4 th Graders
Program Developmental Priorities	1- Enjoyment, 2- Physical Activity, 3- Social, 4- Technical, 5- Fundamentals
Season Length/Sessions per week	6-8 Weeks, 2 sessions per week, 1 game per week
Session Length/Format	60-75 minutes maximum, Play-Practice-Play model is used
Game Length/Format	7v7 game, Formal League Play, 2-25 Minute Halves
Activity Priorities	Fun!, Physical Movement, Time on the Ball, Engagement, Creativity
Player:Coach Ratio	9:1 is recommended, 10:1 maximum, may be adjusted as needed but work towards recommended
Water Break	Not necessary unless needed based on weather/activities, 5 minute break between halves
Team Roster Make-Up and Size	Teams are formed based on sign-ups, grade, school, friends
Playing Time	Everyone plays at least 50% of the game with goal of 75%
Ball Size	Size 4 ball
Coach Certificate	Introduction to Grassroots Coaching Required, 7v7 Online Course Recommended
Coaching Philosophy	Player Centered, High Energy, Engaging, Asks Questions,
Style of Play	Soccer Decisions, Creativity, Experimental
Coaches Toolkit Preferences	Positive Feedback, Guided Questions, Key Words